

NO SELF EXPLAINED

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TABLE OF CONTENTS

CHAPTER 1.....	1
No Self.....	1
CHAPTER 2.....	20
Spiritually Helping Other People	20
CHAPTER 3.....	29
Jesus Christ – Jehovah – Buddha	29
CHAPTER 4.....	82
Faith & Spirituality.....	82
CHAPTER 5.....	90
Spiritual Freedom & Spiritual Liberation	90
CHAPTER 6.....	97
No Self Explained	97
CHAPTER 7.....	113
Spiritual Truth	113
CHAPTER 8.....	125
Spiritual Change – Spiritual Awakening – Spiritual Awareness - Spiritual Revolution	125
CHAPTER 9.....	139
Thank You.....	139

CHAPTER 1

No Self

No Self Explained book is a Spiritual book about understanding and learning about the No Self. Christopher Liam Rose wanted to create this spiritual book to help humanity understand what is the No Self and to have a detailed explanation of the No Self. Christopher Liam Rose wants readers to really understand the No Self because this could be a spiritual transformation & spiritual change you need to help other people and give back.

No Self is a Spiritual Change which humanity needs to do in order to help other people and give back. When you discover the No Self & Spirituality you will go through a spiritual change and spiritual transformation which will help you to help other people and give back.

In order to understand the No Self, we need to understand how to become the No Self and spiritually transform our lives for the better.

Christopher Liam Rose really appreciated the No Self because this has been the most important spiritual change that can ever happen in someone's life.

I want the readers to understand that becoming the No Self would not be an easy thing to do and it will come with lots of pain – suffering – adversity – sacrifice.

NO SELF

No Self has lots of Spiritual Definition to it which I will explain in this spiritual book.

- 1) No Self means a Spiritual Change of No More Self (NO SELF)
- 2) No Self means you Know thyself (Understand Yourself as a Human Being)
- 3) No Self means you living a life of spiritual contributions in Spiritually Helping Other People
- 4) No Self means dying to Ego and yourself
- 5) No Self means a Spiritual Change of Spiritual Freedom & Spiritual liberation.
- 6) No Self Means Rebirth to the Non-Self (Spiritual Transformation)

7) No Self means Spiritual Change to Eternal self

8) No Self means ending to Suffering – Pain – Adversities

9) No Self means reborn & recreated by God

10) No Self means Spiritual Change & Spiritual Transformation of Spiritual Truth.

11) No Self Means the end of self (No-Self)

12) No Self means Spiritual Change to Spiritual Timeless Eternal State

13) No Self means living a life of Spiritual Truth

14) No Self means Spiritual Change of Mind – Body – Soul – Spirit

15) No Self means living your life to Spiritually Help Other People

16) No Self means Spiritual Contributions to Others

17) No Self means Spiritual Change of Spiritual Faith

18) No Self means living your Spiritual Life Purpose & Spiritual Calling

19) No Self means Spiritual Connection to Jesus Christ, God, Buddha, Faith, Nature, Humanity, Animals, Universe, Reality

20) No Self means you have become Spiritual & Eternal

21) No Self means No Self is Spiritual Change to Spiritual Eternalism

22) No Self means Freedom from The Known

23) No Self means Freedom from Death

24) No Self means Spiritual Selflessness

25) No Self means living in Heaven in Everyday Living

26) No Self means Spiritual Enlightenment & Spiritual Change

27) No Self means Living within the Future – No Self

28) No Self means "no self" (Anatta or Anatman) (Buddhism) refers to the doctrine that there is no permanent, unchanging essence or self in any phenomenon. It's not a denial of existence itself, but rather a denial of the notion of a fixed, independent, and enduring "self" or soul.

There are lots of Spiritual definitions of No Self but I want you to understand readers that by discovering the No Self you will be living a life of spirituality & faith.

No Self is the Spiritual Change that a human being needs to go through to live their Truth Self–Eternal Self – Non-Self.

When you have discovered the No Self your life will go through spiritual change into helping other people and giving back because you have no more self within you and this is the spiritual transformation & spiritual change of faith & spirituality.

Spiritual Change has become the most important thing within life & reality we need Spiritual Change to live our Spiritual Life Purpose & Spiritual Calling within life.

No Self means there is No More Self and you have become the No Self which is connected to Nature, God, Jesus Christ, Buddha, Spirituality, Faith, Life, Spiritual Truth, Humanity, Animals, Universe.

No Self is the Spiritual Change of the Future once you have discovered the No Self you will Spiritual Change as a Human Being.

No Self is very Spiritual & Eternal and this is the vital importance to Enlightenment.

If you want to become enlightened you have to have No Self within you to become truly Spiritual & Liberated from Self.

I want to talk about The Self.

The Self

1. The Self leads to Suffering
2. The Self leads to destruction
3. The Self leads to Sin
4. The Self leads to Misery
5. The Self leads to conflicts
6. The Self leads to Death
7. The Self leads to Corruption
8. The Self leads to lying
9. The Self leads to dishonesty & no loyalty
10. The Self leads to the falling of Man
11. The Self leads to Life Problems
12. The Self leads to Adversities
13. The Self leads to Losing

14. The Self leads to Life challenges
15. The Self leads to hardships & disagreements
16. The Self leads to Selfishness
17. The Self leads to Mistakes
18. The Self leads to Guilty & Regrets
19. The Self leads to Jealousy
20. The Self leads to Pain
21. The Self leads to Misfortune
22. The Self leads Hell
23. The Self leads to Eternal Suffering

In order to be free from The Self and be free from the path of Sin & Destruction you need to go through a Spiritual Change.

Spiritual Change is No-Self – (Know Thyself) (Totally Understand Yourself as a Human Being). Without going through the Spiritual Change of Non-Self you will always live a life of Suffering – Pain - Adversity. You need to change yourself to discover the No Self – Spirituality – Faith.

No Self means Spiritual Change

The Diagram of No Self



Within this diagram, you need to overcome The Self to achieve and become No Self. This can be a very challenging thing to do but it is possible to be free from Suffering – Pain – Adversity. The No Self is the true spiritual path of Spiritual Freedom & Spiritual Liberation.

Here are some things you can do to help you overcome The Self

5 Spiritual Practices

5 Spiritual Practices can help you to discover your Truth
Self – Eternal Self – No Self.

It is important to develop a spiritual practice if you want

**Journalling - Writing In A Journal
Everyday about Feelings, Emotions,
Mental Health**

**Meditation - Meditate for 15 -
20 Minutes Everday**

**Prayer - Pray To Jesus Christ - God
- Budda for 30 Minute Everyday**

**Walking - Walk in Parks - Natures
for 45 Minutes**

**Mindfulness - Do Minfulness for 20 -
30 Minutes Everyday**

to discover the No Self because the No-Self is a Spiritual
Transformation of the Mind – Body – Soul - and Spirit we need to
realize that Developing our Faith & Spirituality will help us to find
our Truth Self – Eternal Self – No Self.

All Human Beings must find the right spiritual practices that suit them and by developing your Spiritual Practices you can connect to Jesus Christ – God – Buddha in Faith & Spirituality.

Sometimes in life, we need to go through a process of Spiritual Change before we can do the work of Helping Other People & Give Back.

Understanding yourself totally is the first step to understanding the No Self and living your Spiritual Life Purpose.

No Self is a Spiritual Change which helps you to help other people & give back.

I would recommend that you develop your 5 Spiritual Practices and continue to do them throughout your everyday life.

The more you become spiritual the easier it is to find your Truth Self – Eternal Self – No Self.

The Importance of No Self

- 1.** No Self is the Spiritual Change that will help you to become Selfless & Spiritually Help Other People & Give Back.
- 2.** No Self is Important in Spirituality & Faith

3. No Self will help you build a relationship with Jesus Christ – God – Buddha – Faith – Spirituality.

4. No Self is vitally important because without becoming the No Self you will not be able to Help Other People & Give Back.

5. No Self is very important to free the Mind – Body – Soul – Spirit from The Self.

6. No Self is the only way you will find Spiritual Freedom & Spiritual Liberation.

7. No Self is Important for Spiritual Change & Spiritual Transformation

8. No Self is the Spiritual Process of becoming your Truth Self – Eternal Self – No Self

9. No Self is important to help you discover & understand yourself as a total human being

10. No Self is important because it will help you to live your Spiritual Calling & Spiritual Life Purpose

11. No Self is Important for Spiritual Revolution

12. No Self is important for finding Spiritual Truth & Eternity

13. No Self is important for changing from The Self to No Self

- 14.** No Self is Important for Humanity – Animals
– Universe
- 15.** No Self will help you to build a new world &
new society
- 16.** No Self will help you to make Spiritual
Contributions
- 17.** No Self will help you to Spiritual Change
Humanity
- 18.** No Self will help you to Spiritually Helping
Other People
- 19.** No Self will help you to create a Spiritual
Revolution
- 20.** No Self will help you find Spiritual
Revelations
- 21.** No Self will connect you with God
- 22.** No Self will help you to do the work of
Ministries
- 23.** No Self will help you to become Spiritual &
Eternal
- 24.** No Self will help you to become your Full
Potential

25. No Self will help you to not want materialistic things

26. No Self will free you from attachments

27. No Self will free you from The Self

28. No Self will help you to live your Divine density

29. No Self will help you find the Spiritual Path in Life

30. No Self will help you live a Spiritual Life

31. No Self will help you to find meaning & value

32. No Self is Important for Spiritual Enlightenment

No Self is important to Jesus Christ – God – Buddha and we need to discover the No Self to live a Spiritual Life and live our Spiritual Calling within life. We need to find a way to help other people and give back in life because this is what Jesus Christ – God – Buddha want within our lives. The No Self is the only way that you can make a Spiritual Difference in Helping Other People & Give Back.

God help human beings who have become the No Self and spend their lives helping other people & giving back. It is important to realize that the No Self is the only way you develop your Truth Self – Eternal Self – No Self.

Life is about what difference you make in Helping Other People and Giving Back. If we understand the importance of No Self then we understand that the life we live is not about The Self but really about Selflessness & No Self.

I want you readers to understand that you must do whatever you can to become the No Self.

Spend your life and your time helping other people and giving back

Spend your life and time going through Spiritual Change & Spiritual Transformation.

You need to find something within your life that gives you meaning and value and the Spiritual Truth is when you live for Jesus Christ & God and live your Spiritual Life Purpose your Spiritual Contributions in Helping Other People & Giving Back become the most important thing.

Spiritual Change

The Spiritual Process of Spiritual Change



The Spiritual Path

This is the process of the Spiritual Path

- 1. The Self**
- 2. Suffering – Pain – Adversity**
- 3. Overcoming Suffering – Pain – Adversity**
- 4. Spiritual Transformation & Spiritual**

Awakening

- 5. Spiritually Helping Other People**
- 6. No Self**
- 7. Spiritual Change**
- 8. Faith & Spirituality**

**9. Religions (Christianity – Buddhism –
Hinduism – Sikhism – Muslim – Judaism -Taoism)**

10. Jesus Christ – God – Buddha

11. No Self to God

12. Spiritual Freedom & Spiritual Liberation

13. Spiritual Truth & Eternity

In the spiritual path, you can see through the process that everything starts with The Self and then it leads to No Self. Within life you have to learn how to Overcome Suffering – Pain – Adversity before you can become the No Self. Because life is always moving forward into the Future and Eternity it is important that you understand yourself and Know Yourself.

No Self is the spiritual transformation & spiritual change we all need to go through as human beings if we ever want to rebuild our relationship with Jesus Christ – God – Buddha. The No Self is the spiritual path in life which is very difficult to reach within life because it comes with serious suffering – pain – and adversities.

Only when we discover our Thyself (No-Self) then we can start living a life of No Self – Religion – Faith – Spirituality.

Life is a very important thing to Jesus Christ & God and we are born into the world to make our mark and difference in reality.

When we think about the importance of becoming the No Self and going through a Spiritual Awakening this becomes the most important thing in life.

We all only get one life to make our spiritual difference within the world & universe. We are all density for Eternity where we will be with God – Jesus Christ – Buddha in Eternal Spiritual Realms.

It is important to realise that now within life you have your opportunity to go through the process of spiritual change & spiritual transformation.

As we can see in the spiritual path once you go through a spiritual change you will spiritually help other people in what they are going through and transform from THE SELF to NO SELF.

I want you to understand readers that Jesus Christ & God want us to make a spiritual contribution to reality & world before we pass away and go to eternity.

The universe & solar systems are all moving into the future and you need to realize we are put on earth for our own spiritual divine calling which only we can fulfill within our life.

This is very important to realize that you will have to learn in your life what you need to do on Earth while you are living here.

The way we can really understand what we need to do on earth is by Reading within the Holy Bible what the Lord God was doing in creations and within reality. God wants human beings to live to their full potential and achieve their spiritual divine calling in life.

Human Beings' lifetime is very short between the ages 1 – and 80-year-old which means we have a short time on earth to do what we have been called to do. It is important to realize not every human being is going to reach the age of 80-year-old only some human beings will reach this age.

How you live your day-to-day life really matters within reality and life

Learn how to become the No Self and once you become & discover the No Self – Spiritually help other people in what they are going through

Spiritually Change Now – Live the No Self – Faith –
Spirituality

CHAPTER 2

Spiritually Helping Other People

To understand the No Self, we have to think about the work of Spiritually Helping Other People & Giving Back.

No Self means a life of No More Self (No-Self)

No Self means living a life of the service of others

No Self means dying to the self

No Self means spiritual contributions to helping other people

No Self means Spiritually Helping Other People & Giving Back

In the work of helping other people & giving back, there are 4 Levels of Helping Other People which I am going to explain in this spiritual book

1) **Level 1** – Volunteering in Helping Other People (Working as a Volunteer) (Good Level in Helping Other People)

2) **Level 2** – Employment/Jobs/Careers in Helping Other People (Working in

Employment/Jobs/Careers in Helping Other **People**
(**Great Level in Helping Other People**)

3) **Level 3** – **Business in Helping Other People** (Working in a Business in Helping Other People)
(**Highest Level in Helping Other People**)

4) **Level 4** – **Spiritual/Faith in Helping Other People** (Working in your Faith & Spirituality in Helping Other People) (**Spiritual Level in Helping Other People**)



In the 4 Levels of helping other people & giving back it is important to realise in all of the 4 levels that you will be helping other people & giving back. What changes in the 4

levels of helping other people is the way you support and help other people. Within life, there is no right or wrong way to help other people because all of the 4 levels help other people but what we need to learn in the 4 levels of helping other people is going to help you learn about No Self – Faith – Spirituality.

Importance of the 4 Levels of Helping Other People

- 1) Helping Other People is a vocation & life path to choose & decided
- 2) Helping Other People is the services of others
- 3) Helping Other People is a spiritual contribution to helping other people & giving back.
- 4) Helping other people is important to Jesus Christ & God
- 5) Helping Other People is how you make your spiritual difference
- 6) Helping Other People is denying yourself – No Self
- 7) Helping Other People is how you discover the no-Self

8) Helping Other People connect you with
Jesus Christ – God – Buddha

9) Helping Other People will connect you to
Faith & Spirituality

10) All 4 Levels of Helping Other People need to
be done within your life to help Humanity – Animals –
Universe

11) All 4 Levels of Helping Other People is the
spiritual path of No Self

12) All 4 Levels of Helping Other People will
help you to be remembered in Eternity & Spiritual Realms

13) Jesus Christ & God want us to Contribute

14) Helping Other People is the most important
work in life

I want you to understand readers that Spiritually Helping
Other People become the most vital and important work to do in
your life because humanity is going through Suffering – Pain-
Adversity.

Spiritually Helping Other People is a Spiritual Vocation &
life path that you would need to choose & decide to do if you want
to live a life that understands No Self.

In the work of Spiritually Helping Other People, you will find a true meaning, purpose, and motivation to keep helping other people & giving back.

We don't help other people so we can get something from the work we do but we help other people so we can make a spiritual difference and spiritual contributions in people's lives.

Helping Other People & Giving Back is the only way you can become selfless and discover the No Self.

If you go through the Spiritual Change of No Self, you will learn that helping other people & giving back become a vital part of reality & humanity needs your help & support.

I would encourage the readers to find a way to start helping other people & giving back within their lives because the sooner you start the bigger spiritual difference and spiritual contributions you will make to humanity – Animals – Universe.

When Jesus Christ & Buddha were living in the world, they both devoted their whole life to Helping Other People & Giving Back. Jesus Christ founded “Christianity” and built the church for Humanity to worship the Lord God. Buddha Founded “Buddhism” and built temples to worship the Lord God.

Jesus Christ & Buddha fulfilled their ministries & doctrines while they were on earth and the Lord God has shown them Heavenly Glory & Spiritual Blessing.

Jesus Christ & Buddha both left a Legacy for Humanity for us to learn and understand

Lord God is a Creator God and he wants you to spiritually contribute and spiritually help other people.

There is so much work to do within Humanity – Animals – Universe and as we all only have 1 life that we live on earth it is important that we spend our lives fighting and working for the good causes of what Jesus Christ & Buddha sacrificed their life for.

Jesus Christ sacrifices his life on the cross to save us from our sins

1 Peter 3:18 ESV

For Christ also suffered once for sins, the righteous for the unrighteous, that he might bring us to God, being put to death in the flesh but made alive in the spirit.

John 3:16 ESV

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Romans 5:8 ESV

But God shows his love for us in that while we were still sinners, Christ died for us.

John 14:6 ESV

Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.

John 3:17 ESV

For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

There is a Scripture in the Holy Bible that talks about the importance of Helping Other People & Giving Back.

Philippians 2:4 ESV

Let each of you look not only to his own interests but also to the interests of others.

Ephesians 4:32 ESV

Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Proverbs 14:21 ESV

Whoever despises his neighbor is a sinner, but blessed is he who is generous to the poor.

John 15:13 ESV

Greater love has no one than this, that someone lay down his life for his friends.

John 15:12 ESV

“This is my commandment, that you love one another as I have loved you.

I want you to understand readers that Helping Other People & Giving Back is the most important work you can do for Humanity – Animals – Universe.

Please remember readers all 4 levels of Helping Other People would need to be done to help you discover No Self.

Spiritually Helping Other People is the way you discover the No Self & Selflessness.

Please understand readers doing all 4 levels in helping other people is important for Eternity & Lord God.

Devoted your whole life to spiritually helping other people & giving back.

CHAPTER 3

Jesus Christ – Jehovah – Buddha

In understanding the No Self, we need to understand the importance of Jesus Christ – Jehovah – Buddha within faith & spirituality. This is very important to understand and learn because if we really want to know and understand what is the No Self, we need to understand the work that Jesus Christ – Jehovah – Buddha was doing in reality & universe.

Before we discuss the importance of Jesus Christ – Jehovah – Buddha we need to understand why we need to become the No Self and how the No Self will transform our lives from The Self to Faith & Spirituality.

Why we need to understand the No Self

1. No Self is a Spiritual Change
2. No Self is Spiritual Transformation
3. No Self is Spiritual Freedom & Spiritual Liberation
4. No Self will free you from The Self
5. No Self is the only way you spiritually change within your life

6. No Self is the spiritual eternal holy state within the mind – body – soul

7. No Self is the way to discover your Spiritual Calling

8. No Self is the way to discover your Spiritual Life Purpose

9. No Self is the way to discover Spiritually Helping Other People

10. No Self is the end of Suffering – Pain – Adversity

11. No Self is Eternal

12. No Self is the Spiritual Divine Presence of Jehovah

13. No Self is the end of Sacrificing, Losing, Suffering, Dying

14. No Self is the Future

15. No Self is living within Eternity & Heaven

16. No Self is Dying to The Self

17. No Self is Faith & Spirituality

18. No Self is Life & Creations

19. No Self is Holy

20. No Self is Heaven in Reality

21. No Self is Self-Knowing
22. No Self is Spiritual Knowledge & Wisdom
23. No Self is Selflessness
24. No Self is Natural Truth Eternal Self
25. No Self is Life in Spirituality & Eternal
26. No Self is Spiritual Truth
27. No Self is the way you Help Other People &
Give Back
28. No Self is the end-of-Life Problems – Life
Challenges – Life Suffering
29. No Self is a Spiritual Blessing
30. No Self is Freedom from the known
31. No Self is the Ending of the New Beginning
32. No Self is Spiritually Everything
33. No Self is Spiritual Life Journey
34. No Self is Know Thyself
35. No Self is the Spiritual Answer to Life
36. No Self is the Spiritual Life & Faithful Life
37. No Self is the Spiritual Future & Spiritual
Eternity

I want you to understand readers that No Self is the Spiritual Future of life you need to understand what Jesus Christ

– Jehovah – Buddha wants for you to live your life when you are Spiritual Blessed and Spiritually going all out to live your Spiritual Life Purpose.

If we want to really do the work that we are Spiritual Called to do then we must understand that the No Self is the Spiritual Freedom & Spiritual Liberation we need in our lives to become free.

Jesus Christ – Jehovah – Buddha wants Humanity to be free from Suffering – Pain – Adversity in life but we cannot do this without Knowing Ourselves.

We are now going to talk about the work that Jesus Christ – Jehovah – Buddha was doing in reality and the universe to help us understand why the No Self is the most important thing we can learn within our lives and this is the Spiritual Change that Jesus Christ – Jehovah – Buddha wants us to learn.

Jehovah

To really understand the Spiritual Knowledge & Wisdom that Jehovah was giving to Humanity we need to understand the Holy Bible and read the Bible Scriptures. This is very important to understand because Jehovah has created the Holy Bible for

Humanity to learn about him. Jehovah is the Living God of Life & Creation. Jehovah is the Living God of Everything. If we want to understand the No Self, we must read the word of God and understand the Bible Scriptures.

The first book we are going to read is Genesis and how Jehovah created Heaven & Earth (Creation).

Genesis

The Beginning

1 In the beginning, God created the heaven and the earth.

- **Genesis 1.1 KJV – As we read that Jehovah created the Heaven & Earth. This is the scripture in the Holy Bible of Genesis. The living God (Jehovah) created the Heaven and Earth for Humanity – Animals – The universe and all living beings. Jehovah created everything in Heaven & Earth within the Cosmic & Universe. Jehovah is the Living Spiritual God of all creations. Jehovah was at the beginning of all creations and created Heaven & Earth for all of us.**

**2 And the earth was without form and void,
and darkness was upon the face of the deep. And the
Spirit of God moved upon the face of the waters.**

- **Genesis 1.2 KJV - As we read Jehovah saw that Earth was without form and void which means that Earth was empty and how nothing inside of it. Jehovah saw that there was darkness of the deep and the Spirit of God moved upon the face of waters. Jehovah the living God saw that Earth was in darkness and something needed to happen for it to have life within his creations.**

**3 And God said, let there be light: and there
was light.**

- **Genesis 1.3 KJV – Jehovah said let there be light on Earth and there was light within Earth which was in darkness & void. Jehovah created the light within Earth because Jehovah the living god has the Spiritual Authority to create all living things in Earth & Heaven. Jehovah wanted there to be light within Earth so that the void would be light & there would be no**

more darkness within Earth. It is important to realize that Jehovah created Light because he is the God of all Living things.

4 And God saw the light, that it was good: and God divided the light from the darkness.

- Genesis 1.4 KJV – Jehovah saw that the light was good and divided the light from the darkness which is very important in Creation. If Jehovah didn't separate the light from darkness, then we would live in the Earth which is in Deep void and darkness. Jehovah had to create light within the earth to help Humanity – Animals – The universe in his creation. This is very important to understand that light had to be created.

5 And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

- Genesis 1.5 KJV – Jehovah called the light (Day) and the Darkness (Night). Jehovah separates the light from darkness. As we see life, we have 24 hours within the day we have Morning – Afternoon – Evening.

Normally we have 12 hours of Light (Day) and 12 hours of darkness (Night) because Jehovah separated the light from darkness.

6 And God said, let there be a firmament in the midst of the waters, and let it divide the waters from the waters.

- Genesis 1.6 KJV - Jehovah divided the Firmament which means (the heavens or sky) from the waters from the waters. Jehovah separated the Heavens - Sky - Waters in his creations.

7 And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so.

- Genesis 1.7 KJV - Jehovah was separating the waters from heaven & sky in his creation. This is very important because within the waters we have Seas & Rivers so Jehovah had to separate and divide the waters from Heaven & sky.

8 And God called the firmament Heaven. And the evening and the morning were the second day.

- **Genesis 1.8 KJV – Jehovah called the Firmament Heaven and Jehovah said it was the morning of the Second Day. This is very important to learn and realize because Jehovah was doing all of the creations in days (Day 1 to Day 6) within life we have 7 Days. Monday – Tuesday – Wednesday – Thursday – Friday – Saturday – Sunday. So, Jehovah finished the work of the Firmaments on the Second Day and called it Heaven which was on Tuesday.**

9 And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so.

- **Genesis 1.9 KJV – Jehovah started to gather all the waters under heaven to one place and let the dry land appear. This is very important to learn because, within Jehovah's creation, the waters (Sea & Rivers) are separated from Dry Land. When you look at land you can see the dry land and the Sea & Rivers flow through the Dry Land within affect the land because Jehovah separated the Waters & Land.**

10 And God called the dry land Earth, and the gathering together of the waters called he Seas: and God saw that it was good.

- **Genesis 1.10 KJV – Jehovah saw that the dry land was good and called it Earth and saw that the Sea was good. Jehovah was seeing his creations and said it was good. Jehovah is always working and creating new things in reality & universe. Jehovah saw his work as good because he was the living god of Everything. We need to understand that Jehovah can separate Earth – Heaven – Waters – Dry Land because he is the living god of all creation.**

11 And God said, Let the earth bring forth grass, the herb yielding seed, and the fruit tree yielding fruit after his kind, whose seed is in itself, upon the earth: and it was so.

- **Genesis 1.11 KJV – Jehovah created the grass, herb, seeds, fruits, and creations all of these things after its kind. Jehovah is the living god of all creation so it was very important to understand that Jehovah was making everything from its own kind – seed – fruits – herbs.**

12 And the earth brought forth grass, and herb yielding seed after his kind, and the tree yielding fruit, whose seed was in itself, after his kind: and God saw that it was good.

- **Genesis 1.12 KJV – Jehovah saw that the grass – seed – fruit was good and Jehovah was seeing his creation as good. We need to understand that Jehovah doesn't rush any work he does in creation everything is done on a gradually slow progress which is very important to learn.**

13 And the evening and the morning were the third day.

- **Genesis 1.13 KJV – Jehovah finished his work in the evening and the morning was the third day. As we read through Jehovah's creation Jehovah was working on his spiritual creation for Humanity – Animals – Universe and work on each day which is very important to learn.**

14 And God said, let there be lights in the firmament of the heaven to divide the day from the

night; and let them be for signs, and for seasons, and for days, and years:

- **Genesis 1.14 KJV – Jehovah said let the lights in the firmaments of the heaven divide the day from night. As we read Jehovah was continuing to separate the waters from Heavens & Sky. Jehovah shows signs of Seasons – days – years. As we have been reading Jehovah created the Seasons (spring, summer, autumn, winter), Days (Monday – Tuesday – Wednesday – Thursday – Friday – Saturday – Sunday), Years (1400 - 1500 - 1600 -1700 -1900 – 2000 – 2025, etc)**

15 And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so.

- **Genesis 1.15 KJV -Jehovah gave light in the firmament of the Heaven to the earth and it was so. As we read, we can see that Jehovah was creating light within Heaven & Earth.**

16 And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also.

- **Genesis 1.16 KJV – Jehovah made two great lights 1) The greater light to rule the day. 2) lesser light to rule the night. Jehovah created the stars in the universe. As we read Jehovah is always creating new things in reality & universe.**

17 And God set them in the firmament of the heaven to give light upon the earth,

- **Genesis 1.17 KJV – Jehovah gave light to the Earth. Jehovah is trying to show Humanity – Animals – The universe that we need light within the Earth because everything is full of darkness. Jehovah wants you to understand without the light there will always be darkness. Jehovah in his creation was creating light for Humanity – Animals – Universe.**

18 And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good.

- **Genesis 1.18 KJV – Jehovah saw that that the light he created was good which was ruler over the Day & Night. We need to understand that Jehovah is**

bringing light into Earth & Universe. Jehovah is always working to create light in his creation.

19 And the evening and the morning were the fourth day.

- Genesis 1.19 KJV – Jehovah finished his work in the evening and the morning was the fourth day. Jehovah is always working on his creation.

20 And God said, Let the waters bring forth abundantly the moving creature that hath life and fowl that may fly above the earth in the open firmament of heaven.

- Genesis 1.20 KJV – As we read that Jehovah was let the waters bring forth abundantly the moving of creature (living Beings). Jehovah continues to open up the firmament of heaven. As we read Jehovah was always creating new things in his creation.

21 And God created great whales, and every living creature that moveth, which the waters brought forth abundantly, after their kind, and every winged fowl after his kind: and God saw that it was good.

- **Genesis 1.21 KJV – Jehovah was creating all living creatures and Jehovah saw it was good. As we read Jehovah saw that his creation of a living creature was good.**

22.And God blessed them, saying, be fruitful, and multiply, and fill the waters in the seas, and let fowl multiply in the earth.

- **Genesis 1.21 KJV – Jehovah blessed the living creature and said become fruitful and multiply. Fill the waters – seas – and airs on earth. Jehovah blessed the living creatures on earth.**

23.And the evening and the morning were the fifth day.

- **Genesis 1.22 KJV – Jehovah finished his work and it was evening and the morning was the fifth day. Jehovah is always working and creating new things in creation.**

24 And God said, Let the earth bring forth the living creature after his kind, cattle, and creeping thing, and beast of the earth after his kind: and it was so.

- **Genesis 1.24 KJV – Jehovah said let the earth bring forth the living creature after his kind. As we read Jehovah was always creating living creatures after their kind.**

25 And God made the beast of the earth after his kind, and cattle after their kind, and everything that creepeth upon the earth after his kind: and God saw that it was good.

- **Genesis 1.25 KJV – Jehovah continued to create every living creature after their kind. As we read Jehovah is the living god of all creations and all living things.**

26 And God said, let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.

- **Genesis 1.26 KJV – Jehovah created Human Beings in our image (humans possess unique qualities that reflect God's character, such as intellect, morality, and the ability to relate to God and others). Jehovah created human beings to have dominion over**

creatures (Animals). As we read, we can see that Jehovah is giving human beings spiritual authority over living creatures.

27 So God created man in his own image, in the image of God created he him; male and female created he them.

- **Genesis 1.27 KJV – Jehovah created Male & Female in the likeness of their own image.**

28 And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth.

- **Genesis 1.28 KJV – Jehovah wanted human beings to become fruitful and multiply over living creatures (animals). Jehovah is giving humanity the opportunity to be a part of creation and work for him. Jehovah wants you to work for him and live your life when you're spiritually going all out for Jehovah. This is very important and must be learned Jehovah**

wants you to be blessed and multiply and become abundance.

29 And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you, it shall be for meat.

- Genesis 1.29 KJV – Jehovah is giving us all herbs, every tree, every fruit for us.

30 And to every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.

- Genesis 1.30 KJV – Jehovah was giving as every fruit – every tree – every herb for us.

31 And God saw everything that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.

- Genesis 1.31 KJV – Jehovah said all his creation was good and Jehovah saw it was evening and the morning was the sixth day.

2 Thus the heavens and the earth were finished, and all the host of them.

- **Genesis 2.1 KJV – Jehovah finished all his work on the Seventh Day (Day 7).**

2 And on the seventh day God ended his work which he had made, and he rested on the seventh day from all his work which he had made.

- **Genesis 2.2 KJV – Jehovah completed all of his work of Creation on the Seventh day (Heaven & Earth) and Jehovah rested from all his work which he had made.**

3 And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

- **Genesis 2.3 KJV – Jehovah rested from all his work he had made and sanctified the Seventh day (Day 7) which is a Sunday (Jehovah sanctified the seventh day because He rested from His work of creation on that day, as stated in Genesis 2:2-3. He**

blessed and set it apart as holy to mark the completion of creation and as an example for humanity to follow)

It is important to realize that Jehovah wanted Humanity – Animals – Universe to live in unity, love, peace, and harmony with his creations. Jehovah is a living spiritual god of blessings and abundance. Jehovah wants us to live our lives and honor him and his creations. Jehovah has given us all life to live for him and live our lives honoring him.

It is important to understand that Jehovah is the living god of all creations – The Beginning – The Middle – The End (The First & The Last of All Creation) (The Alpha & The Omega).

Jehovah is the living spiritual god of all creations which means that Jehovah is No Self he is everywhere and everything.

In the Holy Bible, it says

John 4:24 KJV

24 God is a Spirit: and they that worship him must worship him in spirit and in truth.

John 14:10-11

Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority, but the Father who dwells in Me does the works. Believe Me that I am in the Father and the Father in Me, or else believe Me for the sake of the works themselves.

John 14:23

Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him.

2 Corinthians 3:17

Now the Lord is the Spirit; and where the Spirit of the Lord is, there is liberty.

John 14:20

On that day you will know that I am in My Father, and you in Me, and I in you.

John 17:21-22

that they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe

that You sent Me. And the glory which You gave Me I have given them, that they may be one just as We are one:

We need to understand that Jehovah is everywhere and lives within everything because he is the creator of all creations and all living beings. As we understand that Jehovah is a Spirit and Jehovah's spirit lives in us, we need to learn how we can discover Jehovah's spirit.

The No Self is the spirit of Jehovah because it is a spiritual change between living & dying.

In the Bible, Jehovah's primary purpose for humanity is to have humans live forever in a paradise on earth, enjoying perfect health and conditions. He created humans with a "spiritual need" to know and worship him, and He desires for them to develop a close relationship with Him. This purpose is fulfilled through obedience to His commands and the establishment of His Kingdom.

Jehovah wants human beings to worship him and live a life honouring him. Jehovah's purpose within Humanity is for human beings to live in love, peace, and harmony and to establish their Kingdom of Heaven on Earth.

By discovering the No Self, we discover and build a closer relationship with Jehovah. It is important that we read the bible and understand what Jehovah wants us to do in life.

Jehovah is the living god of all creations and Jehovah has called all human beings to worship and live for him.

Jehovah wants humanity to discover the No Self and help Humanity – Animals – Universe lives in Love, Peace Harmony, and Unity.

Jehovah wants us to be obedient to his commandments and laws which he has given Humanity.

The Ten Commandants (Jehovah Laws & Commandants)

The Ten Commandants

1. You shall have no gods before me.
2. You shall not make any idols to worship.
3. You shall not take the Lord's name in vain.
4. Remember the Sabbath day and keep it holy.
5. Honor your father and your mother.
6. You shall not kill.

7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness.
10. You shall not covet your neighbour's goods.

Jehovah has given us these commandants so that we live life righteously and honour our relationship with Jehovah.

When we understand that the No Self is the Spiritual Change of Humanity.

We can only understand the No Self when we understand Jehovah's Spirit.

Jesus Christ

We are now going to understand Jesus Christ's ministry on Earth because this is very important in understanding No Self.

In order to understand Jesus Christ's Ministry, we need to look through the Bible Scriptures.

Jesus' ministry, as described in the Bible, involved teaching, preaching, healing, and casting out demons, all while embodying God's kingdom and serving others. Key scriptures highlight his teachings.

John 3:16 ESV

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Luke 19:10 ESV

For the Son of Man came to seek and to save the lost.”

Matthew 28:18–20

And Jesus came and said to them, “All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Ephesians 4:11–13

And he gave the apostles, the prophets, the evangelists, the shepherds, and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ

2 Corinthians 4:1-6

Therefore, having this ministry by the mercy of God, we do not lose heart. But we have renounced disgraceful, underhanded ways. We refuse to practice cunning or to tamper with God's word, but by the open statement of the truth, we would commend ourselves to everyone's conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

John

5:17

But Jesus answered them, "My Father has been working until now, and I have been working."

John 6:44-45

No one can come to Me unless the Father who sent Me draws him, and I will raise him up on the last day. It is written

in the prophets, 'And they shall all be taught by God.
'Therefore, everyone who has heard and learned from the
Father comes to Me.

1 Corinthians 15:28

Now when all things are made subject to Him, then the
Son Himself will also be subject to Him who put all things
under Him, that God may be all in all.

John 4:34

Jesus said to them, "My food is to do the will of Him
who sent Me and to finish His work.

John 9:4

I must work the works of Him who sent Me while it is
day; the night is coming when no one can work.

Hebrews 12:2

looking unto Jesus, the author and finisher of our faith,
who for the joy that was set before Him endured the cross,
despising the shame, and has sat down at the right hand of the
throne of God.

John 1:14 ESV

And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.

John 14:6 ESV

Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.

John 4:46-54

Jesus Heals an Official's Son

46 So he came again to Cana in Galilee, where he had made the water wine. And at Capernaum, there was an official whose son was ill. 47 When this man heard that Jesus had come from Judea to Galilee, he went to him and asked him to come down and heal his son, for he was at the point of death. 48 So Jesus said to him, “Unless you[a] see signs and wonders you will not believe.” 49 The official said to him, “Sir, come down before my child dies.” 50 Jesus said to him, “Go; your son will live.” The man believed the word that Jesus spoke to him and went on his way. 51 As he was going down, his servants[b] met him and told him that his son was recovering. 52 So he asked them the hour when he began to get better,

and they said to him, “Yesterday at the seventh hour[c] the fever left him.” 53 The father knew that was the hour when Jesus had said to him, “Your son will live.” And he himself believed, and all his household. 54 This was now the second sign that Jesus did when he had come from Judea to Galilee.

Luke 13:10-17 ESV

Now he was teaching in one of the synagogues on the Sabbath. And behold, there was a woman who had had a disabling spirit for eighteen years. She was bent over and could not fully straighten herself. When Jesus saw her, he called her over and said to her, “Woman, you are freed from your disability.” And he laid his hands on her, and immediately she was made straight, and she glorified God. But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, “There are six days in which work ought to be done. Come on those days and be healed, and not on the Sabbath day.”

Matthew 8:5-13 ESV

When he had entered Capernaum, a centurion came forward to him, appealing to him, “Lord, my servant is lying paralyzed at home, suffering terribly.” And he said to him, “I

will come and heal him.” But the centurion replied, “Lord, I am not worthy to have you come under my roof, but only say the word and my servant will be healed. For I too am a man under authority, with soldiers under me. And I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my servant, ‘Do this,’ and he does it.” ...

Luke 8:43-48 ESV

And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her life on physicians, she could not be healed by anyone. She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased. And Jesus said, “Who was it that touched me?” When all denied it, Peter said, “Master, the crowds surround you and are pressing in on you!” But Jesus said, “Someone touched me, for I perceive that power has gone out from me.” And when the woman saw that she was not hidden, she came trembling, and falling down before he declared in the presence of all the people why she had touched him, and how she had been immediately healed. ...

John 9:1-41 ESV

As he passed by, he saw a man blind from birth. And his disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.”

...

Mark 1:40-45 ESV

And a leper came to him, imploring him, and kneeling said to him, “If you will, you can make me clean.” Moved with pity, he stretched out his hand and touched him and said to him, “I will; be clean.” And immediately the leprosy left him, and he was made clean. And Jesus sternly charged him and sent him away at once, and said to him, “See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them.” ...

Matthew 8:23-27 ESV

And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea so that

the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, “Save us, Lord; we are perishing.” And he said to them, “Why are you afraid, O you of little faith?” Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, “What sort of man is this, that even winds and sea obey him?”

Matthew 9:27-31 ESV

And as Jesus passed on from there, two blind men followed him, crying aloud, “Have mercy on us, Son of David.” When he entered the house, the blind men came to him, and Jesus said to them, “Do you believe that I am able to do this?” They said to him, “Yes, Lord.” Then he touched their eyes, saying, “According to your faith be it done to you.” And their eyes were opened. And Jesus sternly warned them, “See that no one knows about it.” But they went away and spread his fame through all that district.

Mark 7:31-37 ESV

Then he returned from the region of Tyre and went through Sidon to the Sea of Galilee, in the region of the Decapolis. And they brought to him a man who was deaf and had a speech impediment, and they begged him to lay his

hand on him. Taking him aside from the crowd privately, he put his fingers into his ears, and after spitting touched his tongue. And looking up to heaven, he sighed and said to him, “Ephphatha,” that is, “Be opened.” And his ears were opened, his tongue was released, and he spoke plainly. ...

John 2:15

15 So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables.

John 4:48

48 “Unless you people see signs and wonders,” Jesus told him, “You will never believe.”

John 15:13-15

13 Greater love has no one than this: to lay down one’s life for one’s friends.

14 You are my friends if you do what I command.

15 I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you

friends, for everything that I learned from my Father I have made known to you.

John 17:21-23

21 that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.

22 I have given them the glory that you gave me, that they may be one as we are one—

23 I in them and you in me—so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me.

When we read through the Bible Scriptures of Jesus Christ, we can see that Jesus Christ was doing Jehovah's Will and the work which Jesus Christ did on earth was to build Jehovah's Kingdom & build the Church. Jesus Christ was the founder of Christianity (Religion) and wanted Humanity to be united with Jehovah on earth. Jesus Christ builds the church to bring Christians & Followers to worship Jehovah. Jesus Christ was born from the Holy Spirit & Mary (Mother of Jesus Christ). Jehovah wanted Mary to be born to Jesus Christ because Jesus Christ was

the saviour of humanity and the Son of Man. Jesus Christ had to come into the world through a woman which is how all babies are born into the world but Jesus Christ was a special baby because he was not born by a human being's father but by living God Jehovah. Jesus Christ's life was to do Jehovah's will and build the kingdom of God. Jesus Christ focused his whole life on ministry from beginning to end and fulfilled his spiritual calling on earth for Jehovah.

Jesus Christ's life was the No Self and Jesus Christ served all of Humanity by healing, preaching, teaching, evangelizing, ministering, and pastoring.

Jesus Christ wanted the 12 Disciples to finish the work of Jehovah's Kingdom on earth before Jesus Christ ascended to heaven to be with Jehovah.

Jesus Christ had to die on the cross to save humanity from sins & destruction.

Jesus Christ is the way humanity builds a relationship with Jehovah by believing in who Jehovah sent which was Jesus Christ.

By shedding His blood on the cross, Jesus took the punishment we deserve and offered us His righteousness. When we trust Christ for our salvation, essentially, we are making a trade. By faith, we trade our sin and its accompanying death penalty for His righteousness and life.

Jesus Christ wants Humanity to take up their cross and Follow Me and Jesus Christ always wants us to do Jehovah's Will.

Matthew 16:24-26

24 Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

Jesus Christ is trying to show us in this bible scripture that we must lose our lives to gain spiritual life & No Self by denying ourselves, take up your cross, follow me you will be living the spirit of Jehovah which is the Spiritual Change of No Self.

No Self in Jesus Christ's life was to live for Jehovah and finish all the work he was put on Earth to do for Jehovah.

Buddha

We are now going to look at Buddha's work & ministry in Buddhism (Religion)

The Buddha's "Work" — His Life Mission

After attaining enlightenment under the Bodhi tree around the age of 35, the Buddha dedicated the rest of his life (about 45 years) to:

- Teaching the Dharma (truth/law of existence)
- Helping others achieve liberation from suffering (dukkha)
- Establishing a monastic community (the Sangha)

Buddha Ministry – How He Carried Out His Mission

- **First Sermon at Sarnath**

Right after enlightenment, he delivered his first teaching to five former companions. This sermon included the foundational concepts:

- The Four Noble Truths
- The Noble Eightfold Path

This moment marks the beginning of his ministry.

- **Traveling Teacher**

He spent most of his life walking through northern India and Nepal, teaching all kinds of people — kings, merchants, monks, women, even criminals — in parks, forests, and villages.

- **Establishing the Sangha**

He created a community of monks and nuns to preserve and spread his teachings. The Sangha still exists today in many forms.

- **Core Message of His Ministry**

Life involves suffering, but there's a path to end it — through ethical living, meditation, and wisdom.

He rejected blind faith and emphasized direct experience, compassion, and inner peace.

- **Legacy**

The Buddha passed away at 80 (around 483 BCE), entering Parinirvana — complete liberation. His teachings formed the foundation of Buddhism, which spread throughout Asia and, eventually, the world.

Buddha's Ministry Timeline

- 563 BCE – Birth of Siddhartha Gautama

Born into a royal family in Lumbini (modern-day Nepal)

Lived a sheltered, luxurious life

- 29 years old – The Four Sights

Saw an old man, a sick person, a corpse, and a monk

Realized life includes suffering → began a spiritual quest

- 35 years old – Enlightenment

Meditated under the Bodhi tree in Bodh Gaya

Became the Buddha (“Awakened One”)

- First Teaching at Sarnath

Taught the Four Noble Truths and Eightfold Path

Formed the first community of monks (Sangha)

- 35–80 years old – Ministry Years

Travelled throughout northern India for 45 years

Taught kings, farmers, monks, women, and children

Encouraged compassion, meditation, and self-awareness

- 483 BCE – Death (Parinirvana)

Passed away in Kushinagar

The Four Noble Truths

- Dukkha – Life involves suffering
- Samudaya – Suffering has a cause (craving, attachment)
- Nirodha – There is an end to suffering
- Magga – Follow the Noble Eightfold Path to end it

The Noble Eightfold Path

Divided into 3 categories:

Wisdom

- Right View
- Right Intention

Ethics

- Right Speech
- Right Action
- Right Livelihood

Meditation

- Right Effort
- Right Mindfulness
- Right Concentration

Key Values of His Ministry

- Compassion over judgment
- Mindfulness in every moment
- Inner peace over material wealth

Liberation is for everyone — not just priests or elites

Buddha's teachings on meditation are at the very heart of his path to enlightenment and form a central pillar of Buddhist practice. Here are the key aspects of his teachings on meditation:

- **Purpose of Meditation in Buddhism**

Meditation isn't just about relaxation or stress relief (though that can happen). For the Buddha, meditation was a path to:

Insight (Vipassana) – Seeing reality clearly, understanding the nature of impermanence, suffering, and the self.

Calm (Samatha) – Developing deep states of mental stillness and concentration.

Liberation (Nirvana) – Freeing the mind from ignorance, craving, and suffering.

2. The Two Main Types of Meditation

Samatha (Calm-abiding)

Focuses on concentration and mental stillness.

Often involves focusing on the breath, a mantra, or a visual object.

Leads to deep states of meditative absorption (jhana).

Vipassana (Insight)

Involves observing bodily sensations, thoughts, and feelings with non-attachment.

Aimed at seeing the true nature of reality — impermanence (anicca), suffering (dukkha), and non-self (anatta).

Many traditions (like Theravāda) use Samatha as a foundation to build up to Vipassana.

3. The Four Foundations of Mindfulness (Satipatthana)

This is a core teaching from the Buddha, found in the Satipatthana Sutta, and it outlines where to place your awareness:

Mindfulness of Body – Breathing, posture, movements, and physical sensations.

Mindfulness of Feelings – Pleasant, unpleasant, or neutral feelings.

Mindfulness of Mind – Observing states like anger, desire, confusion, etc.

Mindfulness of Mental Objects – Examining thoughts, teachings (like the Four Noble Truths), and mental patterns.

4. Meditation in the Eightfold Path

Right Meditation (or Right Concentration) is the 8th limb of the Noble Eightfold Path, but it also links with:

Right Mindfulness – Awareness without judgment.

Right Effort – Cultivating wholesome states and letting go of unwholesome ones.

5. What the Buddha Said

A few direct quotes attributed to the Buddha:

"Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

"Meditate ... do not delay, lest you later regret it."

"Just as a candle cannot burn without fire, men cannot live without a spiritual life."

[The Four Noble Truths](#)

1. The Noble Truth of Suffering (Dukkha)

What it means:

Life involves suffering or dissatisfaction. This doesn't mean everything is miserable, but that even happiness is temporary and subject to change.

Examples of suffering:

- Physical pain or illness
- Emotional pain like sadness, anxiety, or heartbreak
- The discomfort of change or not getting what you want
- The suffering of birth, aging, and death

Key idea:

Suffering is a natural part of existence. Recognizing it is the first step toward freedom.

2. The Noble Truth of the Cause of Suffering (Samudaya)

What it means:

Suffering is caused by craving or attachment (tanha). We suffer because we desire things to be a certain way, and we cling to experiences, people, or identities.

Main causes:

- Craving pleasure
- Wanting to avoid pain
- Clinging to the existence or a sense of "self"

Key idea:

Desire and ignorance are at the root of suffering. When we don't see things as they truly are, we cling—and that clinging leads to pain.

3. The Noble Truth of the End of Suffering (Nirodha)

What it means:

It is possible to end suffering by letting go of craving and attachment. This state is called Nirvana—a liberation from the cycle of suffering and rebirth.

Key idea:

There is peace, freedom, and happiness beyond suffering. It can be realized by understanding and abandoning the causes of suffering.

4. The Noble Truth of the Path to the End of Suffering (Magga)

What it means:

There's a clear path to end suffering, known as the Noble Eightfold Path. It's a practical guide to ethical living, mental discipline, and wisdom.

The Eightfold Path includes:

1. **Right View** – Understanding the Four Noble Truths
2. **Right Intention** – Commitment to compassion and non-attachment
3. **Right Speech** – Speaking truthfully and kindly
4. **Right Action** – Behaving ethically and non-harmfully
5. **Right Livelihood** – Earning a living in a way that doesn't cause harm
6. **Right Effort** – Cultivating positive states of mind
7. **Right Mindfulness** – Being aware of body, feelings, and mind

8. **Right Concentration** – Practicing meditation to deepen awareness

What is non-self?

The teaching of non-self says:

"There is no unchanging, permanent self, soul, or essence in any being or thing."

This is in contrast to many other philosophies or religions that believe in a fixed, eternal soul or self (ātman).

- How Did the Buddha Teach It?

The Buddha observed that:

Everything we think of as "me" or "mine" — the body, thoughts, feelings, perceptions, even consciousness — is impermanent, changing, and not truly ours.

These are all part of the Five Aggregates (pañcakkhandha):

- Form (physical body)
- Feeling (sensations)
- Perception (recognition of things)
- Mental formations (thoughts, intentions)

- Consciousness (awareness)

He said none of these are "self" because they are constantly changing and we cannot control them.

“This is not mine, this I am not, this is not myself.”

— Anatta-lakkhana Sutta (Discourse on the Not-Self Characteristic)

- Why Is This Important?

Believing in a solid "self" leads to:

- Attachment
- Craving
- Ego
- Suffering

When we see through the illusion of self, we let go of clinging, and that leads to liberation (nibbāna).

- In Practice

Buddhist practice encourages:

- Mindfulness to observe how thoughts, feelings, and identity shift constantly.
- Meditation to see directly that what we take as “I” is just a bundle of processes.

This insight brings peace because we stop trying to protect or satisfy a self that isn't really there.

Buddha was the awakened one and wanted to free Humanity from Suffering. In the Buddha's life & ministry, he was focused on helping Humanity to attain enlightenment and freedom from Suffering. Buddha was a spiritual human being who went on the spiritual path of enlightenment & spiritual liberation. Because the Buddha attained enlightenment when he was 35 years old, he spent 45 Years Teaching (Dukkha), (Samudaya), (Nirodha), (Magga), (and Buddhism) to humanity & Buddhist disciples.

Buddha said that No Self is the "There is no unchanging, permanent self, soul, or essence in any being or thing."

Buddha was explaining that we need to live the No Self to be Thyself – Truth Self – Eternal Self – No Self.

Buddha was explaining that the No Self comes from the right Meditation & Mindfulness. Buddha explained that once you gain enlightenment & spirituality you will understand the Four Noble Truths & The Noble Eightfold Path. Buddha said to be awakened you need to have Truth Knowledge & Wisdom and live life righteous & spiritually.

The Noble Eightfold Path

Wisdom

- Right View
- Right Intention

Ethics

- Right Speech
- Right Action
- Right Livelihood

Meditation

- Right Effort
- Right Mindfulness
- Right Concentration

Buddha was the first spiritual human being to discuss the No Self and live his ministry helping humanity to become free from Suffering. Buddha wanted to end suffering for Humanity and his 45 years of Ministry were focused on Ending Suffering – Spiritual Freedom – Spiritual Liberation.

Buddha was Spiritually Helping Other People & Living the Non-Self.

Buddha was the awakened one and Buddha's teachings were helping humanity find spiritual truth – Knowledge – Wisdom in oneself.

Buddha wanted Humanity to find love & peace within oneself which brings true Spiritual Freedom & Spiritual Liberation.

Buddha is the founder of Buddhism (Religion) and has built Buddhist temples & centres for Humanity to worship Jehovah (God).

Summary from Jehovah – Jesus Christ – Buddha

Jehovah – Jesus Christ – Buddha wants you to discover the No Self and live your life in Truth – Faith – Spirituality. Spiritual change is the most important thing in life and we need to

understand that the No Self is the spiritual path that Humanity needs to go to. Jehovah is a living god of all creation and has given us all the life opportunity to work for him and worship him. Truth – Faith – Spirituality is important to Jehovah – Jesus Christ – Buddha. We need to live our lives spiritually and faithfully.

Jehovah – Jesus Christ – Buddha wants you to spiritually help other people & give back. This work is your life vocation & spiritual calling. When you understand that Humanity needs you to go through a Spiritual Change and live the No Self then you understand the importance of helping other people & giving back.

Please readers discover No Self and go through a Spiritual Change.

CHAPTER 4

Faith & Spirituality

To understand the No Self, we need to understand Faith & Spirituality. It is important that you understand that to become the No Self you need to have Faith & Spirituality.

Faith & Spirituality is not religion but it is important to understanding the No Self. Your faith & spirituality is who you are as an individual and human being the spiritual side of your life. In life, we have the Mind, Body, Soul, and Spirit we need all of these to become a human being. To discover the No Self, we need our faith to connect to Jesus Christ – Jehovah – Buddha in spirituality.

Jehovah is the living god that can help you to become the No Self if it is part of your spiritual divine life purpose. Jehovah is the living god that can help you to become spiritually free and spiritually liberated.

Why we need Faith & Spirituality to become the No Self

1. Faith & Spirituality connect you to Jesus Christ – Jehovah – Buddha
2. No Self is a Spiritual Change of Mind, Body, Soul, Spirit

3. Faith & Spirituality is the only thing that please Jehovah (God)
4. No Self is the Spiritual Transformation of Faith & Spirituality
5. No Self will help you to become Thyself – Truth Self – Eternal Self – No Self
6. Jehovah will help you become the No Self with your Faith & Spirituality
7. If you go through a Spiritual Change of No Self, you will become Faithful & Spiritual
8. Jehovah wants you to connect with him faithfully & spiritually
9. No Self is the end of The Self – Faith & Spirituality
10. No Self is the End of Suffering – Faith & Spirituality
11. No Self is your Spiritual Divine Faithful Spiritual Purpose
12. No Self is a Spiritual Timeless Eternal State of Faith & Spirituality
13. Faith & Spirituality is the way you honour your relationship with Jesus Christ – Jehovah – Buddha

14. No Self is the Faithfully Spiritual Eternity
15. No Self is the end of death into Eternal Life
16. Jehovah is the living god that can set you free through Faith & Spirituality.
17. Spiritual Freedom & Spiritual Liberation comes from Faith & Spirituality
18. No Self is Endless Eternity – Faith & Spirituality
19. No Self is Faith & Spirituality
20. No Self is the most important Spiritual Change within life because you build a relationship with Jesus Christ – Jehovah – Buddha in Faith & Spirituality.
21. No Self is the Universe Cosmic Faith & Spirituality





The Process of Faith – Spirituality – Spiritual Change – No Self

1. Faith – Connection to Jehovah – Jesus Christ – Buddha
2. Spirituality – Connection to Spiritual Life
3. Spiritual Change – Spiritually Changing as a Human Being (Mind, Body, Soul, Spirit) (Freedom from the known)

4. No Self – Spiritual Timeless Eternal Self (Know Thyself)

I want you to understand readers that Faith & Spirituality is the only way you Spiritual Change and live the No Self.

No Self is a Spiritual Timeless Eternal Self which Jehovah (God) – Jesus Christ – Buddha give to you which set you free.

John 8:32 KJV

32 And ye shall know the truth, and the truth shall make you free.

Jesus Christ said in the Scriptures that the Truth will set you free. The Truth is a Faithful & Spiritual Spirit.

When Jehovah (God) & Jesus Christ set you free it means you're living your life with No Self – Spiritual Freedom – Spiritual Liberation.

Only Jehovah can set you truly free.

That is why we need to understand that Faith & Spirituality is the first process of Spiritual Change which will help to discover the No Self.



Summary of Faith & Spirituality

In order to become & discover the No Self you need Faith & Spirituality because this will help you to Know Thyself (No Self). Faith & Spirituality are believing in things that are unseen, invisible, eternal, and timeless. Jesus Christ – Jehovah – Buddha is all in Eternity which is the Spiritual Realms & Eternal Realms.

We you discover and become the No Self you will be motivated and inspired to spiritually help other people – animals

– universe and live a spiritual life honouring Jesus Christ –
Jehovah – Buddha.

Jesus Christ

Jehovah

Buddha

CHAPTER 5

Spiritual Freedom & Spiritual Liberation

In understanding the No Self – Faith – Spirituality we need to learn what is the importance of Spiritual Freedom & Spiritual Liberation. In life, it is very important to discover the No Self – Faith – Spirituality because this is the Spiritual Change all human beings need to go through in order to understand Spiritual Freedom & Spiritual Liberation.

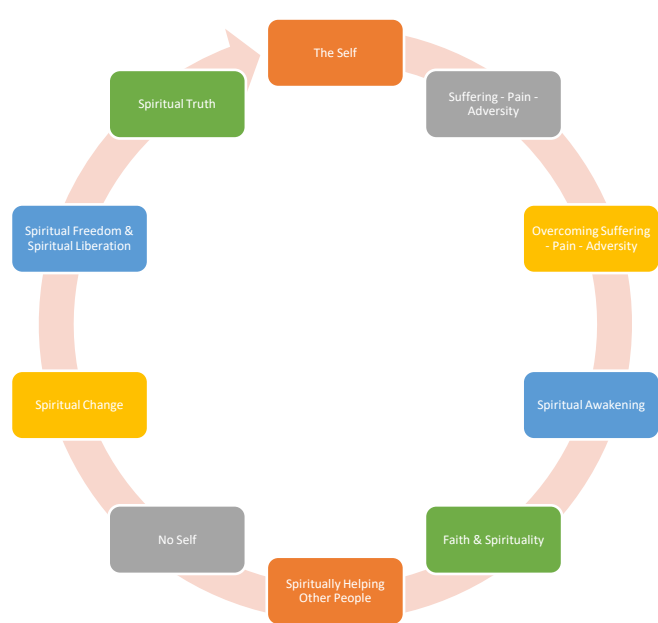
Now I am going to explain some importance of Spiritual Timeless Eternal of Spiritual Freedom & Spiritual Liberation.

If we really want to understand the importance of No Self – Faith – Spirituality then understanding Spiritual Freedom & Spiritual Liberation will be very important in life.

I want to encourage the readers that you cannot attain Spiritual Freedom & Spiritual Liberation if you don't go through a Spiritual Change. This is very important in Faith & Spirituality.

The Spiritual change is the key to discover the No Self & Selflessness

Before we talk about Spiritual Freedom & Spiritual Liberation we need to talk about the importance of No Self and how the No Self helps to discover Faith & Spirituality.



This Diagram shows the importance of Spiritual Change and how to achieve Spiritual Freedom & Spiritual Liberation.

We need to understand that The Self is where Suffering – Pain – And adversity come from in life because most life problems – life challenges – life situations – and life circumstances come from The Self.

We cannot fully understand Spiritual Change until we have understood ourselves as human beings.

I want you to understand readers that The Self is where Suffering is for every human being because you cannot live life without going through Suffering – Pain – Adversity. So, the important thing to learn is how to overcome The Self and Free yourself from The Self to discover the No Self – Faith – Spirituality.

The 5 Spiritual Practices can start you to learn and understand yourself as a Human Being. If you don't develop the 5 Spiritual Practices you will not understand yourself as a human being. The 5 Spiritual Practices is the Spiritual Transformation that human beings need to do in order to understand the No Self.

Remember when I said you cannot attain the No Self until you overcome The Self?

Overcoming The Self is Spiritual Freedom & Spiritual Liberation

The Self Is the Problem – The Self Is the Suffering – The Self Is the Pain – The Self Is the Adversity

To understand No Self, you free yourself from The Self

This is the Spiritual Change that will help you to find Spiritual Freedom & Spiritual Liberation.

So, we need to start with 5 Spiritual Practices

5 Spiritual Practices



5 Spiritual Practice

1. **Prayer** – Praying to Jesus Christ – Jehovah
– Buddha
2. **Meditation** – Meditating to Find Faith &
Spirituality
3. **Mindfulness** – Doing Mindfulness to
connect you to the present moment
4. **Walking** – Walk in Nature to connect to
Jesus Christ – Jehovah – Buddha
5. **Journalling** – Write in a Journal to process
Daily Living – Feelings - Emotions – Mental Health –
Wellbeing

The 5 Spiritual Practice is the beginning of understanding yourself as a human being which becomes very important in life. You will not go through any Spiritual Change until you know who you are as a human being. This is the beginning and the first step in life to take.

Now I want you readers to understand Spiritual Freedom & Spiritual Liberation.

We have understood that 5 Spiritual Practices help you to discover the No Self – Faith – Spirituality.

The Importance of Spiritual Freedom & Spiritual Liberation

1. Spiritual Freedom & Spiritual Liberation is the end of Self
2. Spiritual Freedom & Spiritual Liberation is the end of Suffering
3. Spiritual Freedom & Spiritual Liberation is the end-of-Life Problems
4. Spiritual Freedom & Spiritual Liberation is the end-of-Life Pain
5. Spiritual Freedom & Spiritual Liberation is the end of Adversities
6. Spiritual Freedom & Spiritual Liberation is the end-of-Life Challenges
7. Spiritual Freedom & Spiritual Liberation is the end of Daily Living
8. Spiritual Freedom & Spiritual Liberation is the Faith & Spirituality
9. Spiritual Freedom & Spiritual Liberation is the No Self
10. Spiritual Freedom & Spiritual Liberation is the Spiritual Timeless Eternal Eternity

I want you to understand readers that Spiritual Change is the future of No Self. When you become the No Self you are **Free**.

The No Self means No Self – No more Suffering – Pain – Adversities within Daily Life.

No Self is Spiritual Timeless Eternal Life of Faith & Spirituality

To become the No Self, you need to be Totally & Completely Free from The Self.

I want you to understand reader that it is possible to have Spiritual Freedom & Spiritual Liberation it does means you will not go through any Suffering – Pain – Adversities within your life but it means you will be free to live your Spiritual Divine Calling which is the Spiritual Life.

No Self is Thyself – Truth Self – Eternal Self

Spiritual Human Beings find & discover the No Self to attain Spiritual Freedom & Spiritual Liberation.

CHAPTER 6

No Self Explained

In this spiritual book, I am going to now talk about what is the No Self and explain the importance of No Self.

No Self is a Spiritual Change & Spiritual Transformation of Know Thyself – Truth Self – Eternal Self – No Self.

In life, Jesus Christ – Jehovah – Buddha is trying to make you discover the No Self and live a life when you're Spiritually Helping Other People.

No Self is the Spiritual Change that all human beings need to go through to Know Themselves and live a Spiritual Faith Life.

No Self is the Spiritual Change that will change you from The Self to No Self.

As we have discussed within this spiritual book The Self has Suffering – Pain – Adversities – Life Problems – Life Challenges – Life Difficulties – Misery.

If we want to discover and become the No Self, we must find Spiritual Freedom & Spiritual Liberation from The Self that is the only way we can discover and become the No Self.

Spiritual Freedom & Spiritual Liberation from The Self is Life-Changing and this can make a difference in your life if you Helping Other People & Giving Back or Not.

No Self is a life of Spiritual Contributions towards Helping Other People & Giving Back.

No Self means there is No more self you have dying to The Self

No Self is dying to Ego and The Self

We must understand in order to become the No Self we need to learn about ourselves and overcome any Suffering – Pain – Adversities we are going through as a human being.

I want you to understand readers that there is nothing more important than discovering the No Self – Faith – Spirituality within one's Lifetime.

Because our universe is always moving towards the Spiritual Future of Eternity while we are living on earth we must discover our Truth Self – Eternal Self – No Self.

Also, if you want to help other people & give back then the No Self becomes the most important Spiritual Change to go through as a human being.

The Process of No Self



1. **The Self** – All of your life Suffering – Pain – Adversity
2. **Suffering – Pain – Adversity** – All the life experiences you go through as a Human Being
3. **Overcoming Suffering – Pain – Adversity** – Overcome All Your Life Suffering – Pain – Adversities
4. **Spiritual Transformation** – Spiritual Awakening & Spiritual Transformation
5. **Faith & Spirituality** – Developing your faith & spirituality

6. **Spiritually Helping Other People** – Helping Other People & Giving Back for No Desires – No Self motives – No Self Interest – No Self Achievement – No Self Rewards
7. **No Self** – Know Thyself (There is No More Self) Truth Self – Eternal Self – No Self
8. **Spiritual Change** – Spiritual Timeless Eternal Change within Oneself (Mind, Body, Soul, Spirit)
9. **Spiritual Truth** – Understanding of Jesus Christ – Jehovah – Buddha and All of Humanity – Animals – Universe. Totally aware of Life
10. **Spiritual Eternity** – Understanding your Spiritual Divine Calling & Spiritual Future

The Importance of No Self

1. No Self is the Spiritual Change that will help you to become Selfless & Spiritually Help Other People & Give Back
2. No Self is important in Spirituality & Faith

3. No Self will help you build a relationship with Jesus Christ – God – Buddha – Faith – Spirituality

4. No Self is vitally important because without becoming the No Self you will not be able to Help Other People & Give Back

5. No Self is very important to free the Mind – Body – Soul – Spirit from The Self

6. No Self is the only way you will find Spiritual Freedom & Spiritual Liberation

7. No Self is Important for Spiritual Change & Spiritual Transformation

8. No Self is the Spiritual Process of becoming your Truth Self – Eternal Self – No Self

9. No Self is important to help you discover & understand yourself as a total human being

10. No Self is important because it will help you to live your Spiritual Calling & Spiritual Life Purpose

11. No Self is Important for Spiritual Revolution

12. No Self is important for finding Spiritual Truth & Eternity

13. No Self is important for changing from The Self to No Self

14. No Self is important for Humanity – Animals – Universe

15. No Self will help you to build a new world & new society

16. No Self will help you to make Spiritual Contributions

17. No Self will help you to Spiritual Change Humanity

18. No Self will help you to Spiritually Helping Other People

19. No Self will help you to create a Spiritual Revolution

20. No Self will help you find Spiritual Revelations

21. No Self will connect you with God

22. No Self will help you to do the work of Ministries

23. No Self will help you to become Spiritual & Eternal

24. No Self will help you to become your Full Potential

25. No Self will help you to not want materialistic things

26. No Self will free you from attachments

27. No Self will free you from The Self

- 28. No Self will help you to live your Divine density
- 29. No Self will help you find the Spiritual Path in Life
- 30. No Self will help you live a Spiritual Life
- 31. No Self will help you to find meaning & value
- 32. No Self is important for Spiritual Enlightenment

No Self Explained

No Self is the Spiritual Life Path of Enlightenment & Spiritual Change. We must discover the No Self to really understand ourselves and live a spiritual life where we honour Jesus Christ – Jehovah – Buddha. No Self is the spiritual path to Spiritual Truth.

When you have attained Enlightenment, you will have Spiritual Knowledge & Spiritual Wisdom which Jesus Christ – Jehovah – Buddha will give to you which is part of the No Self.

No Self is a Spiritual Change & Spiritual Transformation of The Self

You will No longer live in Suffering – Pain – Adversity

You will become recreated – reborn – a rebirth into No Self



I want you to understand readers that the No Self is very important in life and as human beings Jehovah wants us to become the No Self so we can do the work within the world that will change the universe & society.

We have to understand that the No Self is the Spiritual Change of life and you are only going to really live your spiritual divine calling when you discover the No Self and you are free of Suffering – Pain – Adversities.

Why the No Self Helps You to Help Other People & Give

Back

1. Humanity is going through Suffering – Pain
– Adversities and the No Self-help you to become more
compassionate, loving, and empathic towards human
beings who are going through suffering.
2. No Self makes you live a Spiritual Life for
others
3. No Self-help you to understand Humanity –
Animals – Universe
4. No Self-help you to become Spiritual
Different which inspires you to help other people & give
back
5. No Self is the loving-kindness of Jehovah &
Spirit of Faith
6. No Self opens your mind, body, soul, or
spirit to world problems & life difficulties
7. No Self-help you understand more about
life
8. No Self-help you to have a better self-
awareness of Humanity
9. No Self-help you to Spiritual change and
focus your life on Help Other People & Giving Back

10. No Self means there is No More Self so you're connected to Humanity – Animals – The universe

It is important to realize that the No Self is the Spiritual Future and if you want to help other people and give back then you need to discover the No Self

How To Become the No-Self

- 1. Understand Yourself & Know Thyself through 5 Spiritual Practices – Prayer – Meditation – Mindfulness – Journalling – Walking**
- 2. Overcome The Self**
- 3. Overcome Suffering – Pain – Adversities of your own life**
- 4. Understand & Learn How to Help Other People & Give Back**
- 5. Do all 4 Levels of Helping Other People & Giving Back**
- 6. Develop your Faith & Spirituality**
- 7. Connect with a Faith & Spiritual Community within Religion (Christianity – Buddhism – Taoism – Judaism – Hinduism – Muslims – Sikhism)**

8. Learn How to Live within the Present Moment by Practicing Mindfulness

9. Live your life where you make Spiritual Contributions towards Helping Other People & Giving Back

10. Go through the Process of Spiritual Awakening, Spiritual Change, Spiritual Transformation

11. Attain Enlightenment through 5 Spiritual Practices

12. Gain Spiritual Knowledge & Spiritual Wisdom through 5 Spiritual Practices

13. Become a Spiritual Evangelist & Spiritual Activist for World Change

14. Spiritual Change Humanity – Animals – Universe

15. Build a Better Society, Culture, and World with Spiritual Change

16. Become a Spiritual Teacher and Teach Spiritual Education

17. Live the No Self for your whole lifetime

18. Live your Spiritual Divine Calling on Earth

19. Become Self Aware of Mind, Body, Soul, Spirit

20. Discover Freedom from the Known & Spiritual Eternity

21. Understand Jesus Christ – Jehovah – Buddha

22. Understand Jehovah's Purpose in Life

23. Find Spiritual Meaning & Value in Everyday Life

24. Understand Spiritual Laws & Spiritual Principles

25. Become Spiritually Self- Discipline

26. Do Spiritual Actions every day towards supporting Humanity – Animals – Universe

27. Spiritually Going All Out & Fulfilling Your Spiritual Divine Calling

Discovering & Becoming the No Self is very important in your life because you learn & understand yourself totally as a human being. Becoming the No Self doesn't mean you will not go through any Suffering – Pain – Or adversities because life does

come with challenges & difficulties but once you understand yourself as a human being and Know Yourself then you can live your life when you are free from any Suffering – Pain – Adversities.

It is important to know what Jehovah's Purpose is for your life and by going on the spiritual life journey of No Self you will learn what Jehovah has spiritually called you to do.

Each Human Being has a Spiritual Divine Calling on their life and you need to discover and find what you are put on this earth to do.

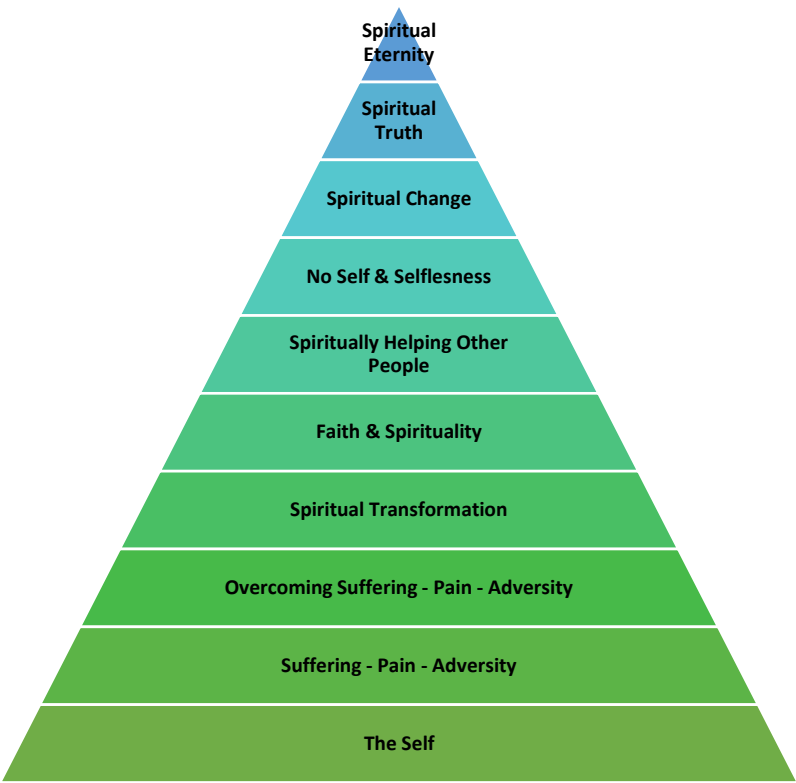
No Self is the way to start living your spiritual life with Spiritual Intuition & Spiritual intentions.

What I want you to understand readers is that you need to discover the No Self to live your life fully with Faith & Spirituality.

No Self Is how you Spiritually go all out for your morals, values, beliefs

No Self is how you connect to Jesus Christ – Jehovah – Buddha

The Importance of No Self



No Self-Explained Summary

1. No Self is the Spiritual Change that all Human Beings need to go through to Help Other People & Give Back.
2. No Self is the Spiritual Transformation of The Self to No Self
3. No Self Is the Spiritual Change in Spiritually Helping Other People
4. No Self Is Spiritual Freedom & Spiritual Liberation from The Self
5. No Self Is the End of The Self (Dying to The Self)
6. No Self is Spiritual Timeless Eternal State of Jehovah – Jesus Christ – Buddha
7. No Self is the end of Suffering – Pain – Adversities
8. No Self is the Spiritual Change when you Know Thyself
9. No Self is the Spiritual Change of Spiritual Eternity
10. No Self helps you to find Spiritual Truth

I hope you readers now understand what is the No Self and I have done my best to explain it in this chapter.

Please discover & become No Self.

CHAPTER 7

Spiritual Truth

No Self is very important to learn about Spiritual Truth – Faith – Spirituality. No Self is important in the Spiritual Change that human beings need to go through. It is important to understand the importance of No Self–Faith – Spirituality.

No Self is the Spiritual Transformation for Spiritual Change.

We need to learn and understand about No Self – Faith – Spirituality.

Jehovah – Jesus Christ – Buddha wants human beings to discover the No Self & Spiritual Change because this is the spiritual transformation of Spiritual Truth.

You cannot discover No Self without Faith – Spirituality this is very important to understand No Self and Spiritual Truth.

Spiritual Truth cannot be written in a Book or someone tells you Spiritual Truth.

It is something you discover and find in No Self – Faith – Spirituality.

It is important that we don't just see Spiritual Truth as something everyone will **learn** and **discover**. I don't think that is how life is when it comes to Spiritual Truth.

No Self-faith-spirituality is for chosen few

No Self is Spiritual – No Self is Eternal – No Self is Truth Self

You cannot become the No Self without Faith & Spirituality

So, we need to understand No Self – Faith – Spirituality
this is very important

The Importance of No Self

1. No Self is the Spiritual Change that will help you to become Selfless & Spiritually Help Other People & Give Back
2. No Self is important in Spirituality & Faith
3. No Self will help you build a relationship with Jesus Christ – God – Buddha – Faith – Spirituality

4. No Self is vitally important because without becoming the No Self you will not be able to Help Other People & Give Back

5. No Self is very important to free the Mind – Body – Soul – Spirit from The Self

6. No Self is the only way you will find Spiritual Freedom & Spiritual Liberation

7. No Self is Important for Spiritual Change & Spiritual Transformation

8. No Self is the Spiritual Process of becoming your Truth Self – Eternal Self – No Self

9. No Self is important to help you discover & understand yourself as a total human being

10. No Self is important because it will help you to live your Spiritual Calling & Spiritual Life Purpose

11. No Self is Important for Spiritual Revolution

12. No Self is important for finding Spiritual Truth & Eternity

13. No Self is important for changing from The Self to No Self

14. No Self is important for Humanity – Animals – Universe
15. No Self will help you to build a new world & new society
16. No Self will help you to make Spiritual Contributions
17. No Self will help you to Spiritual Change Humanity
18. No Self will help you to Spiritually Helping Other
People
19. No Self will help you to create a Spiritual Revolution
20. No Self will help you find Spiritual Revelations
21. No Self will connect you with God
22. No Self will help you to do the work of Ministries
23. No Self will help you to become Spiritual & Eternal
24. No Self will help you to become your Full Potential
25. No Self will help you to not want materialistic things
26. No Self will free you from attachments
27. No Self will free you from The Self
28. No Self will help you to live your Divine density
29. No Self will help you find the Spiritual Path in Life

30. No Self will help you live a Spiritual Life

31. No Self will help you to find meaning & value

32. No Self is important for Spiritual Enlightenment

I want the readers to understand that No Self is Spiritual Truth

If you want to learn Spiritual Truth become the No Self

John 14:6 ESV

Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.

John 8:32 ESV

And you will know the truth, and the truth will set you free.”

John 3:16 KJV

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 4:24 ESV

God is spirit, and those who worship him must worship in spirit and truth.”

Psalms 33:4 ESV

For the word of the Lord is upright, and all his work is done in faithfulness.

Romans 10:17 ESV

So faith comes from hearing and hearing through the word of Christ.

Matthew 6:33 ESV

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Psalms 119:142 ESV

Your righteousness is righteous forever, and your law is true.

John 16:13 ESV

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.

John 14:26 ESV

But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

2 Corinthians 3:17 ESV

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

Psalms 33:4 ESV

For the word of the Lord is upright, and all his work is done in faithfulness.

In the bible scripture, we can understand the No Self – Faith – Spirituality.

Jehovah – Jesus Christ – Buddha wants you to become the No Self – Faith – Spirituality.

Importance of Spiritual Truth

1. No Self is Spiritual Transformation for Spiritual Truth
2. No Self is Spiritual Change for Spiritual Truth

3. No Self Is Know Thyself – Truth Self –
Eternal Self of Spiritual Truth
4. No Self is Spiritual Eternity of Spiritual
Truth
5. No Self is Spiritual Change in Spiritually
Helping Other People for Spiritual Truth
6. No Self is the Spiritual Understanding of
Life for Spiritual Truth
7. No Self is Spiritual Knowledge & Spiritual
Wisdom of Spiritual Truth
8. No Self is Self-Knowing of Spiritual Truth
9. No Self is Spiritual Meaning, Value of
Spiritual Truth
10. No Self is the Spiritual Calling for Spiritual
Truth
11. No Self is Faith & Spirituality of Spiritual
Truth
12. No Self is Spiritual Freedom & Spiritual
Liberation of Spiritual Truth
13. No Self is Spirit of Jesus Christ & Jehovah in
Spiritual Truth

The importance of No Self & Spiritual Truth is Spiritual Freedom & Spiritual Liberation

John 8:32 KJV

32 And ye shall know the truth, and the truth shall make you free.

Jesus Christ said that Truth will set you free

Spiritual Truth is Spiritual Freedom & Spiritual Liberation

Within the Bible Scriptures and what Jesus Christ – Jehovah – Buddha has shown us through teachings.

We need to discover the No Self – Faith – Spirituality

No Self is Spiritual Change

Importance of Spiritual Truth in Helping Other People & Giving Back

- Spiritual Truth is part of Helping Other People & Giving Back
- Spiritual Truth is discovering the No Self to Helping Other People & Giving Back
- Spiritual Truth is the Spiritual Change of Helping Other People & Giving Back

- Spiritual Truth is a Spiritual Calling to Helping Other People & Giving Back
- Spiritual Truth is Spiritual Freedom & Spiritual Liberation to Helping Other People & Giving Back
- Spiritual Truth is the Spiritual Life Purpose to Helping Other People & Giving Back
- Spiritual Truth is Faith & Spirituality to Helping Other People & Giving Back
- Spiritual Truth is Spiritual Transformation to Helping Other People & Giving Back
- Spiritual Truth is the Spiritual Awakening to Helping Other People & Giving Back

No Self is the Spiritual Change to Help Other People & Give Back. Without the Spiritual Change of No Self – Faith – Spirituality you cannot do anything to Help Other People or Give Back.

No Self is Spiritual Contributions in Helping Other People & Giving Back

No Self is Spiritual Truth – Spiritual Freedom – Spiritual Liberation

The importance of the No-Self is for you to Spiritually Helping Other People & Giving Back

No Self means no more self

Benefits of No Self & Spiritual Truth

1. No Self & Spiritual Truth is the end of The Self
2. No Self & Spiritual Truth is Spiritual Freedom & Spiritual Liberation
3. No Self & Spiritual Truth is the end of ego (The Self)
4. No Self & Spiritual Truth is Spiritual Eternity
5. No Self & Spiritual Truth is Spiritual Calling
6. No Self & Spiritual Truth is Spiritual Life Purpose
7. No Self & Spiritual Truth is Spiritually Helping Other People & Giving Back
8. No Self & Spiritual Truth is the end of you
9. No Self & Spiritual Truth is Know Thyself – No Self – Truth Self – Eternal Self
10. No Self & Spiritual Truth is Dying to self
11. No Self & Spiritual Truth is your life
12. No Self & Spiritual Truth is Jesus Christ – Jehovah – Buddha

13. No Self & Spiritual Truth is Heaven on Earth

14. No Self & Spiritual Truth is Spiritual Change

in The Future

15. No Self & Spiritual Truth is Spiritual Life

Spiritual Truth Summary

- No Self is Spiritual Truth
- No Self is Spiritual Freedom & Spiritual

Liberation

- No Self is Freedom from The Self
- No Self is Spiritual Change of Spiritual Truth
- No Self is Jehovah – Jesus Christ – Buddha
- No Self is Spiritual Calling to Spiritual Truth
- No Self is Spiritual Life Purpose to Spiritual

Truth

- No Self is Spiritual Eternity to Spiritual

Truth

- No Self is Spiritual Life to Spiritual Truth

CHAPTER 8

Spiritual Change – Spiritual Awakening – Spiritual Awareness - Spiritual Revolution

In this final chapter, we are going to talk about Spiritual Change – Spiritual Awakening – Spiritual Awareness – Spiritual Revolution of No Self.

No Self is the Spiritual Transformation which will help you overcome The Self and Spiritual Change to No Self.

To really understand the No Self, we need to understand how Faith & Spirituality will help you to go through a Spiritual Change and Spiritual Transformation.

I am going to talk about the Spiritual Change of No Self and the importance of Spiritual Change.

The Importance of the Spiritual Change of No Self

1. No Self is Spiritual Change of Faith & Spirituality
2. No Self is Spiritual Change of Jesus Christ – Jehovah – Buddha

3. No Self Is Spiritual Change of Spiritually
Helping Other People

4. No Self is Spiritual Change of Spiritual
Transformation

5. No Self is Spiritual Change of The Future

6. No Self is Spiritual Change of Spiritual
Consciousness

7. No Self is Spiritual Change of Spiritual Truth

8. No Self is Spiritual Change of Know Thyself

9. No Self is Spiritual Change of Truth Self –
Eternal Self

10. No Self is Spiritual Change of Overcoming
Suffering – Pain – Adversity

11. No Self is Spiritual Change of Religion

12. No Self is Spiritual Change of Spiritual Life

13. No Self is Spiritual Change of Spiritual
Freedom & Spiritual Liberation

14. No Self is Spiritual Change of Spiritual
Timeless Eternal State

15. No Self is Spiritual Change of End of The Self

16. No Self is Spiritual Change of Spiritual
Eternity

17. No Self is Spiritual Change of Discovering your Spiritual Divine Calling

18. No Self is Spiritual Change of Discover your Spiritual Life Purpose

If we want to understand the Importance of No Self, we need to go through a Spiritual Change within ourselves and Know Ourselves. Spiritual Change is the Spiritual Transformation of The Self to No Self. I want you to understand that you have to Know Yourself in order to become & discover No Self. Overcoming Suffering – Pain- Adversity within one's life.

To become the No Self, you need to Know Yourself and live within Spiritual Freedom and Spiritual Liberation.

No Self is the Spiritual Change that will help you to Spiritually Help Other People & Give Back. The work of helping other people comes when you go through a Spiritual Change and become the No Self & discover your Spiritual Divine Calling & Spiritual Life Purpose.

If you want to help other people and give back you need to discover the No Self.

No Self is a Spiritual Life of Spiritual Contributions in Helping Other People & Giving Back.

Process of Spiritual Change



Spiritual Awakening

Once you go through the process for Spiritual Change then you will have a Spiritual Awakening which will totally and completely transform you into No Self – Faith – Spirituality.

Spiritual Awakening is understanding the Spiritual Life & Spiritual Self within one life. When you become Spiritual Awakened you become Enlightened.

The Importance of Spiritual Awakening of No Self

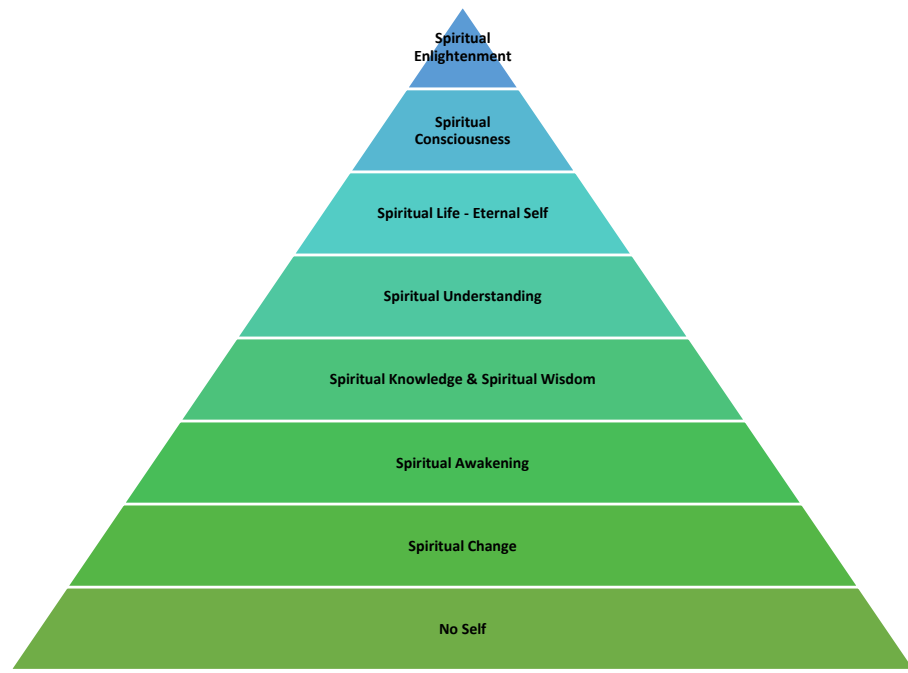
1. No Self is Spiritual Awakening of Spiritual Self – Eternal Self – Truth Self
2. No Self is Spiritual Awakening of Enlightenment
3. No Self is Spiritual Awakening of Spiritual Consciousness
4. No Self is Spiritual Awakening of Spiritual Knowledge & Spiritual Wisdom
5. No Self is Spiritual Awakening of Spiritual Understanding
6. No Self is Spiritual Awakening of Spiritual Life – Faith – Spirituality
7. No Self is a Spiritual Awakening of Helping Other People & Giving Back
8. No Self is Spiritual Awakening of Spiritual Understanding of Human Suffering

The Spiritual Awakening comes from Spiritual Change within one life. Your Mind, Body, Soul, and Spirit change to No Self – Faith – Spirituality.

No Self is the Spiritual Awakening of Enlightenment

No Self is the Spiritual Awakening of Spiritual Understanding of Human Suffering & Problems.

The Process of Spiritual Awakening



Spiritual Awareness

Once we go through the process of No Self – Spiritual Change – Spiritual Awakening then we discover Spiritual Awareness. No Self is the Spiritual Change of Spiritual Awareness. When you become more aware of yourself as a human being then you live a Spiritual Life of Truth, Morals, Values, and Beliefs.

Spiritual Awareness is Self-Knowing and this is part of discovering the No Self.

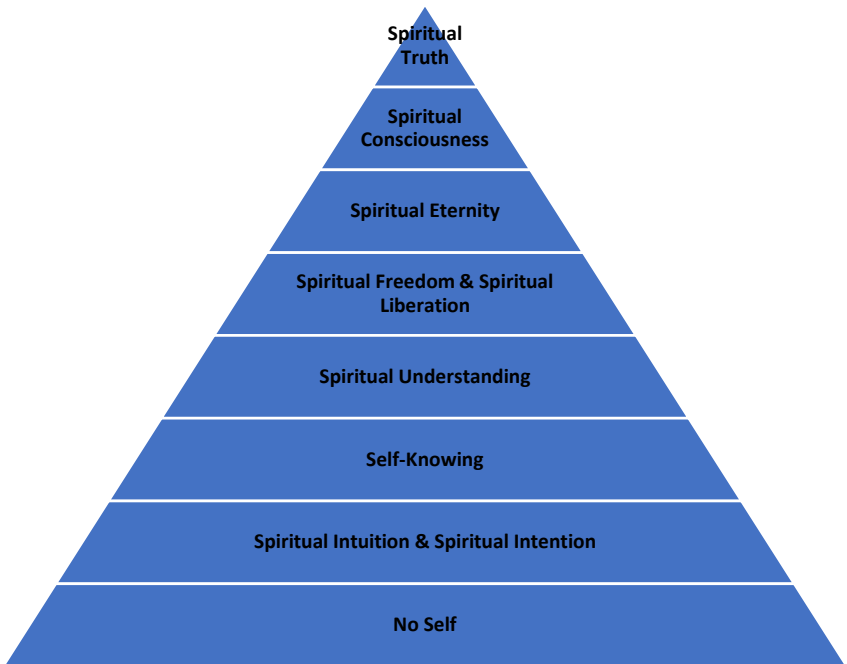
The Importance of Spiritual Awareness

1. No Self is Spiritual Awareness of Self-Knowing
2. No Self is Spiritual Awareness of Spiritual Understanding
3. No Self is Spiritual Awareness of Spiritual Freedom & Spiritual Liberation
4. No Self is Spiritual Awareness of Spiritual Eternity
5. No Self is Spiritual Awareness of Spiritual Consciousness
6. No Self is Spiritual Awareness of Spiritual Truth

7. No Self is Spiritual Awareness of Spiritual Intuition

8. No Self is Spiritual Awareness of Spiritual Intentions

No Self is the Spiritual Awareness of Self-Knowing and Spiritual Understanding. Jehovah – Jesus Christ – Buddha wants you to become the No Self so you can attain Enlightenment.



Spiritual Revolution

Once we go through the process of No Self – Spiritual Change – Spiritual Awakening – Spiritual Awareness then we discover Spiritual Revolution. No Self is the secret to Spiritual Revolution within one's life. It is important to realize that discovering the No Self is the most important thing for Spiritual Revolution.

If you want to Spiritually Help Other People and live a Spiritual Life where you leave a Legacy in Humanity – Animals – Universe then you need to discover No Self & Spiritual Revolution.

The Importance of No Self & Spiritual Revolution

1. No Self is Spiritual Revolution of Faith – Spiritual – Religion
2. No Self is Spiritual Revolution of Humanity – Animals - Universe
3. No Self is Spiritual Revolution of Jesus Christ – Jehovah – Buddha
4. No Self is Spiritual Revolution of The Spiritual Future
5. No Self Is Spiritual Revolution of Human Race & Mankind

6. No Self is Spiritual Revolution of Spiritual Enlightenment

7. No Self is Spiritual Revolution of Spiritual Evolution]

8. No Self is Spiritual Revolution of Spiritual Visionaries

9. No Self is Spiritual Revolution of Spiritual Philosophy

10. No Self is Spiritual Revolution of Spiritual Education

11. No Self is Spiritual Revolution of Spiritual Revolutionary

12. No Self is Spiritual Revolution of Jehovah's Spiritual Purpose

13. No Self Is Spiritual Revolution of Spiritual Understanding

14. No Self Is Spiritual Revolution of Spiritual Knowledge & Spiritual Wisdom

15. No Self is Spiritual Revolution of Foundations – Generations – Civilizations

16. No Self is Spiritual Revolution of Revelation

17. No Self is Spiritual Revolution of New Heaven & New Earth

18. No Self is Spiritual Revolution of Spiritual Timeless Eternal Eternity

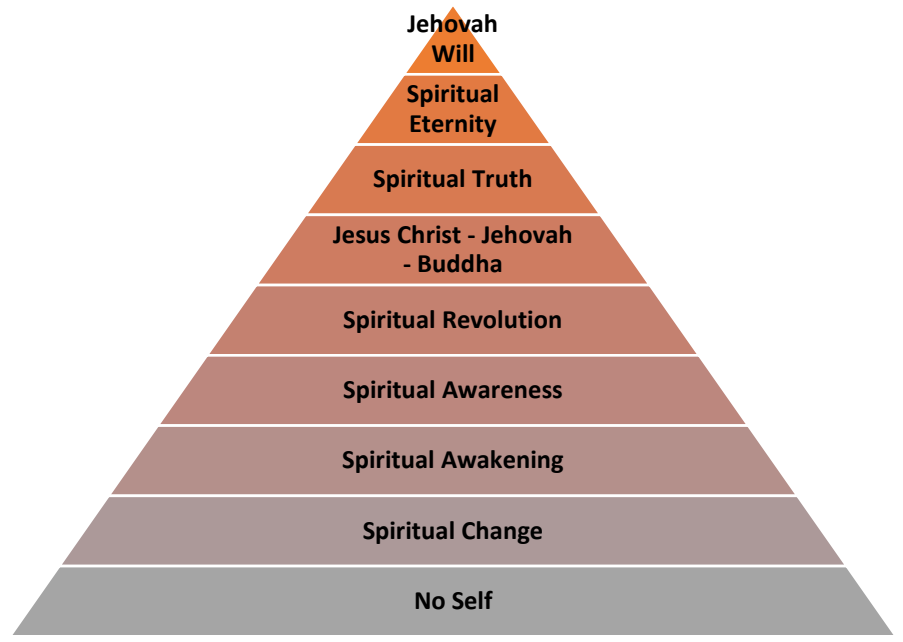
19. No Self is Spiritual Revolution of Spiritual Truth

20. No Self is Spiritual Revolution of Spiritual Timeless Eternal Universe

To really understand the No Self, we need to understand the Spiritual Revolution that Jesus Christ – Jehovah – and Buddha want within Humanity – Animals – Universe. No Self is Spiritual Eternity & Spiritual Truth of the Spiritual Revolution.

Jehovah is the living god that has a Spiritual Life Purpose for Life which he wants Human Beings to fulfill within their life. To understand Jehovah's Spiritual Revolution, we need to discover and become the No Self.

The Process of Spiritual Revolution



**Summary of Spiritual Change – Spiritual Awakening –
Spiritual Awareness – Spiritual Revolution**

1. No Self is the beginning of Spiritual Change & Spiritual Transformation
2. Discover & Becoming the No Self is the most important thing in Life
3. No Self can be achieved by 5 Spiritual Practices – Meditation – Mindfulness – Prayer – Journaling - Walking
4. No Self is how you attain Enlightenment

5. No Self is Spiritual Freedom & Spiritual Liberation

6. Jesus Christ – Jehovah – Buddha wants you to discover & become No Self

7. No Self is how you Spiritually Help Other People & Give Back

8. No Self is Spiritual Truth

9. No Self is Spiritual Eternity

10. Learn & understand how to become the No Self

11. Jehovah's Will is the most important Spiritual Thing in Life

12. Understanding Jehovah's Spiritual Purpose comes from No Self

13. No Self is Faith – Spiritual – Religion

14. No Self is Ending of The Self

15. No Self is Dying to Self

16. No Self is a Spiritual Timeless Eternal State

17. No Self is Spiritual – Religious – Faithful Life

18. No Self is Sacred

19. Meditation – Prayer – Mindfulness –
Journalling – Walking is the Secrets to No Self

20. No Self is Everything

21. No Self is Life

I hope this Spiritual Book will be your Spiritual Guide to No Self and by explaining the No Self I hope the readers will discover this within their life.

Thank you for reading the Spiritual Book of No Self-Explained

CHAPTER 9

Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ & God for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship has been for 10 years since 2014 – Present. Christopher Liam Rose owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly

be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of

his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 – Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 – 2020 when Karen Meechan supported Christopher Liam Rose in Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) – Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International

#LCI 2014 – present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) –

Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very

spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ & God – This has become the most important thing in my life to learn and understand Jesus Christ & God. My faith, Spirituality, and Christianity are very important to me, and being with Jesus Christ & God makes me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that is why I can be an Evangelist and Teacher in Faith, Spirituality, and Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I would change any

of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, and Christianity and become the person you want to be.

Christopher Liam Rose Books

- 1) Christopher Liam Rose's Life Story (Part 1)**
- 2) Be What You Want to Be**
- 3) The 15 Successful Habits**
- 4) Selfless**
- 5) Anointing**
- 6) Life Purpose**
- 7) Helping Other People**
- 8) Giving Without Receiving**
- 9) Fulfillment**
- 10) Learn**
- 11) It Is Not the Problems That Make You Who You Are,
It Is the Person You Become That Make You Who You Are**
- 12) The Evangelism Ministry**
- 13) Learning Is a Part of Living**
- 14) The Self Is the Problem**

- 15) I Don't Want**
- 16) No Self**
- 17) Miracles**
- 18) Christopher Liam Rose Journal 2015 – 2016**
- 19) (Living With Jesus Christ & God) - Christopher Liam
Rose Journal 2016 -2017**
- 20) Losing, Sacrificing, Suffering**
- 21) Observation**
- 22) Christopher Liam Rose Testimony**
- 23) SGR BOOKS – Christopher Liam Rose Music
Discography**
- 24) Christopher Liam Rose Journal 2018 -2019**
- 25) Christopher Liam Rose's Life Story (Part 2)**
- 26) Christopher Liam Rose's Life Story (Biography)**
- 27) Imperfection To Perfection (Representation)**
- 28) Christopher Liam Rose Journal 2019**

**29) SGR BOOKS – Christopher Liam Rose Music
Discography (Instrumentals)**

30) Losing Is Inevitable

31) Christopher Liam Rose's Life Story (Part 3)

32) 4 Levels of Helping Other People

**33) 4 Levels of Helping Other People (Complete
Version)**

**34) Overcoming Adversity – Life Challenges – Life
Problems #OALCLP**

35) How To Overcome Suffering #HTOS

36) Pay The Price #PTP

37) 5 Spiritual Practices #5SP

38) No Self Explained #NSE

Christopher Liam Rose Social Media Websites

Follow Christopher Liam Rose on Social Media

Facebook

-

<https://www.facebook.com/christopherliamrose09>

Twitter - <https://x.com/ChrisRose091188>

Instagram

-

<https://www.instagram.com/christopherliamrose/?hl=en>

LinkedIn

-

<https://www.linkedin.com/in/christopherliamrose/>

Pinterest

-

<https://www.pinterest.co.uk/christopherliamrose/>

TikTok

-

<https://www.tiktok.com/@christopherliamrose>

Follow Christopher Liam Rose's Music on Social Media

Spotify -

<https://open.spotify.com/artist/4DCTGknEGFngM7IJNIJODN?si=UOZ57GmdQki4hZ-xFdlsDg>

Apple Music -

<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon Music -

<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud -

<https://soundcloud.com/christopherliamrose>

Soundclick -

<https://www.soundclick.com/christopherliamrose>

ReverbNation -

<https://www.reverbNation.com/christopherliamrose>

Follow Christopher Liam Rose on Podcasts

Christopher Liam Rose Ministries -

<https://christopherliamroseministries.buzzsprout.com>

SGR Podcast - <https://sgrpodcast.buzzsprout.com>

Spiritually	Helping	Other	People	-
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<https://spirituallyhelpingotherpeople.buzzsprout.com>

Christopher Liam Rose Websites:

Christopher	Liam	Rose	Music	-
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<https://christopherliamrosemusic.com/>

Christopher	Liam	Rose	Journal	-
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<http://christopherliamrosejournal.com/>